



Minnetonka: 15450 Highway 7 Suite 225
Edina: 3300 Edinborough Way Suite 470
612-424-2767
www.echelonspecialists.com
info@echelonspecialists.com

Inverted Nipple Repair Aftercare Instructions

- After surgery, your breasts will feel tender and swollen. The nipples may be very sensitive: this is normal and will subside over the next few weeks. This typically resolves a few weeks after surgery.
- It is important to get out of bed early and often after your surgery to prevent postoperative problems. Please take deep breaths frequently to keep your lungs clear (15-20 per hour).
- Please take the pain medication only if you have pain. Take it with crackers, Jell-O, etc. You should need it the first 2-3 days after surgery every 3-4 hours. You can also take acetaminophen (Tylenol) to help manage discomfort.
- Take your antibiotics as directed for one week after surgery.
- You will have barbells in place after surgery. These are very uncomfortable but they are important to keep the nipple out. The sutures holding the barbells in place will be removed one week after surgery.
- You may wear a camisole, sports bra, or no bra after surgery.
- Strenuous activities and exercises are to be avoided until 3 weeks after surgery. (Heart rate should stay below 100 beats per minute.) You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort.
- Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days.

Please note

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact our office. 612-424-2767 scheduling@echelonspecialists.com

If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites or one breast is significantly more swollen than the other, please text Dr. Camp immediately.

It is important to be seen by Dr. Camp after your initial post-op checks. We will schedule your first post-op appointments for you when you schedule your procedure.

IF YOU HAVE ANY URGENT QUESTIONS, SUCH AS A CONCERN ABOUT INFECTION or FLUID COLLECTION, PLEASE TEXT DR. CAMP 612-208-4179

If you have general questions about recovery or post-op appointments, please call or text our office at **612-424-2767** or **scheduling@echelonspecialists.com**.